

---

A B S T R A C T

The antioxidation food product of the present invention is produced by fermenting a food product containing bacteria having catalase activity, such as *Lactobacillus plantarum*, in the presence of a manganese-containing natural material. The antioxidation food product has antioxidation activity *in vivo*, including the digestive tract, by simultaneously expressing a superoxide dismutase-like activity and a catalase activity, and is effective for preventing disease caused by active oxygen.

---

10003795-122404

a20